



## Welcome to the ExpoFit Strider Challenge

Be an ExpoFit Strider! We hope that over the three days of Expo you have a great time walking around Expo with your ExpoFit pedometer. When you register (at [expo.gsa.gov](http://expo.gsa.gov)), you'll receive emails about the challenge during Expo - but here are some of the top things you may want to know:

### How We Will Determine a Winner

The ExpoFit Striders champion will be the person who covers the most distance during the conference. Each day, you will receive an email with a link to the online ExpoFit Striders data collection form. Simply click on the link and tell us how far you walked that day. When you do, be sure to enter your name and email address. We will use your email address as your unique identifier when we combine the totals at the end of the competition.

We will announce the winner at the Expo closing event on Thursday, May 12th at 5 pm. Don't worry if you can't be at the event, we will make sure you receive your trophy.

NOTE: Please be sure to reset your pedometer every day so we can get an accurate distance for you.

### Recycle Your ExpoFit Pedometer

After Expo is finished, if you don't think you'll use your ExpoFit pedometer again, please recycle it. At the ExpoFit Central booth, we will have envelopes and address labels that you can use to mail your pedometer back to GSA so that they can be used for future events.

### Get Extra Miles - Join ExpoFit Sunrisers

Come join us for an early morning walk, jog or run along the San Diego Bay as an ExpoFit Sunriser. We will meet behind the San Diego Convention Center every morning, (Tuesday through Thursday), at 6 am. It's a great way to kick off your day, and put some extra miles onto your pedometer before the conference gets started.

### Questions?

If you have any questions about the ExpoFit Striders program during the conference, please come to the ExpoFit Central booth (#3003).

**Sign up for Expo Fit  
today!**



<http://expo.gsa.gov>